



Senior Center at Frisco Square
6670 Moore Street
Frisco, TX 75034
972-292-6550



WELCOME HANDBOOK

WELCOME TO YOUR HOME AWAY FROM HOME!

The Senior Center at Frisco Square offers a wide variety of fun and educational programs. Our 17,000 square foot handicap accessible facility features a peaceful, sunlit library; a game room complete with tables for card playing, chess, and puzzles, as well as a cozy seating area with a 50-inch rear projection television; a magnificent state-of-the-art fitness center with something for everyone's fitness needs; a spacious multipurpose room, commercial kitchen, and "help yourself to beverages and snacks" galley; a computer room with Internet access and printer; a health room; a conference room; the Heritage



Room which is designed for card-playing groups, dining, and coffee clutches; a wooden floor aerobics and dance studio which includes a barre and mirrored walls; a simply lovely craft room, complete with a commercial kiln for ceramics; and last, but certainly not least, a billiards and table tennis game room. However, we have been told our most out-

standing attribute is how at ease folks feel when they first walk in the doors. Between the ambiance of the Center, the welcoming staff, and the friendliest group of Seniors you would ever want to meet, you'll find it a new home away from home.



HOURS OF OPERATION

Monday, Wednesday, Friday

7:30am—4:30pm

Tuesday & Thursday

7:30am—8:30pm

Saturday

11:30am—8:30pm

**Sunday
Closed**

MEMBERSHIP GUIDELINES

It's easy to become a member. Just come in and complete our Membership Information form and be sure to bring your valid Texas Driver's License or Texas Identification Card reflecting your current address.

The Senior Center at Frisco Square recreational facility is open to all adults who meet the minimum age requirement of 50. However, a spouse of a member who is under age 50 may also join. For City of Frisco residents, there is no fee for the 12-month membership. For those folks who reside outside of the City limits, the annual membership fee is only \$24.

All activities are open to all persons regardless of race, color, sex, religion, national origin, disability, or socio-economical level.

Patrons must be able to get around on their own and be responsible for their own personal care, hygiene, etc. The Center does not provide day care, individual assistance, or supervision of patrons. If deemed appropriate, a caregiver may be asked to accompany a member.

DIRECTIONS



We are located in Frisco Square. The nearest intersection is Main Street and the Dallas North Tollway. Travel East down Main Street. The third stoplight after the Tollway is Frisco Street. The next street is John W. Elliott where you will turn right. Travel about three blocks and the Center will be right in front of you. Shortly before our building, turn left and then make a quick right into our parking lot. The Center is a one-story building with arched stonework around the windows. Or if you are traveling West down Main Street toward the railroad tracks and grain silos, the first street after the tracks is John W. Elliott. Turn left onto John W. Elliott and then follow the same directions as given above. See you soon!

TRANSPORTATION

Transportation to and from the Center is provided Monday through Friday. You must make reservations by 1pm the business day before by calling 972-292-6550 or by signing up at the Center. This service operates only within the City of Frisco boundaries. Currently, there are two scheduled pickups. For patrons who reside in West Frisco, the pickup is usually between 7:30 and 9:15am. For folks residing in East Frisco, the pickup is generally between 9:15 and 10am. Most days, two return trips are available. The first one usually leaves at 1pm and the second one, if needed, departs at 3:30pm.

Participants must be able to independently board the vehicle. If you need to

cancel a pickup, please call 972-292-6550. If it is after hours, please leave a message.

Be sure to check out the monthly newsletter to ensure you have the up-to-date transportation schedule.



DAILY MEALS AT THE FRIENDSHIP CAFÉ

Every weekday at 11:30am, a nutritious and delicious lunch is served restaurant-style by a smiling Friendship Café representative at a beautifully-decorated table in The Heritage Room at the Senior Center. Reservations must be made by 1pm the business day before by calling 972-292-6550 or by signing up at the

Center. Seniors are asked to give a donation of \$5.00 per meal. However, no one is denied a meal due to the inability to pay. New members are asked to fill out a form before you sign up for lunch. A monthly menu is available at the front desk. Come and join us for lunch and meet some new friends!



"... a nutritious and delicious lunch will be served restaurant-style by a smiling Friendship Café representative at a beautifully decorated table at the Senior Center."

MEMBERSHIP CARD

We will take your picture and provide you with a membership card immediately after you submit your membership form. You do not need to wear it while you are on the premises, however, you must bring it with you and we will scan it each time you visit the Center. If you lose your card, there is a \$5 replacement fee.



NEWSLETTERS

The monthly newsletter details all of our special events, activities, classes, and trips. It also contains a wealth of other information. The newsletter is available on the 20th of the prior month. You may pick it up at the Center or view it online at www.FriscoFun.org (click on the Senior Center link).

PROGRAM REGISTRATION

Unless there is a fee for the program you are interested in attending, you may either sign up in person or by telephone. When a fee is involved, you may pay via cash, check, or credit card at the front desk of the Center. (Please make checks payable to the City of Frisco). Registration for the monthly programs begin on the 22nd of each month unless the 22nd falls on a Sunday at which time registration would begin on the first business day following the 22nd of the month.

Space is often limited. To ensure your participation, please sign up as soon as the possible.



GRANDKIDS

While we love them, we ask that you leave them at home. From time to time, an activity such as Grandkid's Movie Day is offered and it is the perfect time to see a great movie together, have soda and popcorn, and show your grandchildren where you come and have fun. We appreciate your understanding and cooperation.

LOBBY TELEPHONE

A telephone is available for local outgoing only calls in the lobby next to the sofa. To obtain an outside line, dial 9 and then your number. Please limit your use of the phone to 10 minutes.

LOST & FOUND

Please notify the staff as soon as an item is lost. The Senior Center takes no responsibility for lost items. Items found will be dated and placed in the lost and found and kept for 30 days. If appropriate, it will then be donated to Frisco Resale Shop.



BULLETIN BOARDS

All bulletin boards and display areas are maintained only by the Center staff or a designated committee. If you would like to place something on one of the bulletin boards, you must first get approval from a staff member who will put it on display.

THE "WRITTEN" TOUR



SCAN YOUR MEMBERSHIP CARD

In order to cut down on member traffic at the front desk during check-in, you will only be allowed to enter the building three (3) times without your membership card. After three instances without your card, you will be asked to pay **\$5 for a replacement card** in order to enter the facility for the day. Please have your membership card with you on each visit.

THE CONFERENCE ROOM

One of the first rooms you will see when you enter the Center is our Conference Room. Small group meetings are often held here such as the Grief Support Group or the Senior Employment Source program.

THE LIBRARY

Our library is fully stocked with current magazines, a wide assortment of books, and a growing supply of movies. If you are interested in borrowing any of the magazines or paperback books, simply take them home and bring the items back when you are finished. There is no need to formally check them out. We have a nice selection of movies (VCR and DVD) and hardback books. We ask that you sign out these items. There is a three-ring binder on the back counter for this purpose. Simply list the items you are checking out. When you bring them back, locate the line where you checked them out, and enter the return date. Place the items in the basket located on the same counter for re-filing.

All items have a 30-day checkout period.



THE GAME ROOM

Come in and enjoy playing cards, dominoes, chess, board games, work a jig saw puzzle, or just sit back and enjoy the big screen LCD television complete with satellite dish and DVD/VCR player.

THE HEALTH ROOM

We have an equipped health room where minor medical testing and services take place. Some of the services offered are **blood pressure, blood sugar, and cholesterol checks** and the Wellness Center performs **various blood tests and a few medical services including nail trimming and ear cleaning.**

We offer flu shots in the fall and other vendors visit our facility from time to time to offer other services.

We also have a hair stylist and a massage therapist who visit the Center monthly and perform wonderful services for the patrons for a very reasonable fee.

The Game Room...

"...cards, dominoes, chess, board games, work a jig saw puzzle, or just sit back and enjoy the big screen LCD television complete with satellite dish and DVD/VCR player—this is your room!"



Classic Readers Book Club

THE "WRITTEN" TOUR

THE MULTI-PURPOSE ROOM

This 3,000 square foot room serves many events. Health, safety, finance, and estate planning presentations, our monthly bingo and lunch, birthday party potluck, and choir practice, as well as dances, are held in the multi-purpose room. It also features a fabulous audio/visual system which besides providing wonderful music, allows us to show our monthly movies on the "big screen."



THE HERITAGE ROOM

You will find the Heritage Room a wonderful place to spend the morning with your fellow Seniors and have a cup of coffee and a donut while enjoying the sunshine which streams into the windows. Then, in the afternoon hours, we reserve the room for our larger card/game playing groups, such as bridge, pinochle, and dominoes.

THE AEROBICS & DANCE STUDIO

If you want to get fit in a class-type of environment, this is the place to come. We offer aerobics, chair exer-



cise, yoga, strength, core and balance, tai chi, and other fitness classes. For the folks with the dancing shoes, you will find western, salsa, swing, and other types of dance instruction.

THE CRAFT ROOM

Pick up a brush in the morning and walk out with a completed oil or watercolor painting a few hours later. Or, use your artistic ability and take part in our ceramics class. We have a kiln onsite and will fire your masterpiece for you. If a needle and thread is more to your suiting, we have three sewing machines to meet your every stitching need, and you can spread out and work on your project after class. These are just a few of the types of classes offered regularly at the Center.

THE TABLE GAMES ROOMS

Grab a cue stick and fine tune your skills at our billiards tables. Or if you prefer a faster pace, have we got a table tennis game for you! Tournaments are held periodically. So come on down and get practicing!

GAME SCHEDULE	
Rummikub	10:30am—Noon Mondays
Bridge	1—4pm Mondays and Fridays 4:15-8:15 Thursday
Pokeno	10:30am—1pm Tuesdays
Hand and Pony	1—4pm Tuesdays
Dominoes (84)	5—8pm Tuesdays and Saturdays
Skipbo	10:30am—Noon Wednesdays
Pinochle	1—4pm
Mah Jongg	1—4pm Thursdays
Open Game Day	Play Any Game! 10am—Noon
Mah Jongg	1—4pm
Mexican Train Dominoes	1—4pm Fridays
Senior Game Night	Play Any Game! 4—8pm Saturdays



THE "WRITTEN" TOUR

FITNESS CENTER



Our state-of-the-art facility is awaiting you. However, there are a few policies we'd like you to follow.

Proper attire and athletic footwear are required.

No outside personal trainers are permitted. Inquire at the front desk if you are interested in a personal trainer.

After utilizing a piece of equipment, using the available gym wipes, wipe down the equipment so it is ready for the next person.

If you are unsure about how to use any of the equipment, please sign up for a free equipment orientation class at the front desk.

Be courteous to your fellow Seniors. If others are waiting, please limit your use of each type of equipment to 30 minutes.

The room is set up with two LCD televisions outfitted with Dish Network. The sound on the TV can be heard on the treadmills, ellipticals, and recumbent bikes via ear plugs (like those used with MP3 players). As to the use of the television remote, please see the staff for the proper way to use it because it isn't like the one you have at home.

THE GALLEY

Hot and cold water, ice, coffee, tea, sweets, etc. are available for you at no cost. You may purchase soft drinks and water from our vending machines.

THE COMPUTER ROOM

The computer room is open for use during normal facility hours unless a computer class is scheduled. It has Internet capability and a laser printer. If you don't know how to use a computer we have volunteers that would love to teach you the basics.

Please no food or drinks in the computer lab room.

THE BREAD RACK

Most weekday mornings, we receive bakery bread from local Frisco stores that are reaching their sell-by date. These items are available to you—for free. Our only restrictions are that no bags are to be used to carry the items out of the Center and you must limit yourself to two items per day per person.



PROGRAM SPONSORS DISCLAIMER:

The Frisco Senior Center, the Frisco Parks and Recreation Department and the City of Frisco do not represent or endorse the accuracy or reliability of any of the information and program content provided by the sponsors of the facility programs, nor the quality of any products, information or other materials displayed, purchased, or obtained by you as a result of an advertisement or any other information or offer in or in connection with the services herein. All program sponsors are asked to provide references and an inquiry with the Better Business Bureau is made before a program takes place. Program sponsors are required to sign a form which states they may not solicit, and they may not ask participants for any personal information other than their name. We strongly urge all of our senior members to be cautious when following up with the sponsors.

"Most weekday mornings, we receive bakery goods (bread, cakes, pies, cupcakes, cookies, etc.) from local Frisco stores that are reaching their sell-by date. These items are available to you—for free."



POLICIES

TRIPS

Please be aware that the date and time of trips are subject to change. If a trip does not fill, it is then open to family and friends that are 50 years of age or older. If a trip is full, we can put your name on a waiting list.

If you are unable to attend, please let us know as soon as possible and we will check our waiting list.

Trips may be cancelled due to unforeseen events, lack of participation, weather, etc. In these cases, a credit for the full amount of the trip will be placed on your account.

All trips depart from the Senior Center unless otherwise noted in the newsletter. All participants must provide their own transportation to and from the Senior Center.

If you have any questions about the Trip Policies, please see a member of the Senior Center staff before scheduling your trip.

CLASSES

If we must cancel a class prior to the start date you may request a credit equal to the class fee or a class transfer. **If you must withdraw from a class, a completed Refund Request Form must be received at least 7 days prior to the start of the class or session. A 20% processing fee will be assessed. If the request is received later than stated above, a refund credit will not be issued.** However, if an illness or injury causes a participant to miss a single-day class, the entire session, or the remainder of a session, written documentation from a physician's office must accompany the Refund Request Form and be received within 72 hours of the

first missed class. The refund will be prorated if the withdrawal occurs during the session and will be assessed a 20% processing fee. All refunds are in the form of credit on your account.

If you have any questions about the Class Policies, please see a member of the Senior Center staff before scheduling your class.

CENTER ETIQUETTE

Southern hospitality is honored at the Senior Center at Frisco Square. Please assist us in maintaining our neighborly atmosphere. If you see someone new, extend them a friendly greeting. You might offer to have a cup of coffee with them or invite them to sit at your table during one of our programs. And please introduce them to other Seniors. Remember how it was during your first visit?

We ask that patrons conduct themselves in such a manner as to not be disruptive to others and treat others as they would like to be treated. Please remember membership is a privilege and unfriendly or unacceptable behavior will not be tolerated.

If attending a presentation, please turn off your cell phone and give your full attention to the speaker. Refrain from conversing with your tablemate when the presenter is speaking as sound carries more than you realize and disrupts the program for everyone.

Help us care for your Center. Please throw trash away in the proper containers, clean up spills or bring them to the attention of a staff member, put things back in their proper place, etc. If you notice any maintenance items which require attention, please inform a staff member. Thank you!



Fossil Rim Trip

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Pocket Sandwich Theatre Trip



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Our Mission Statement

Valuing, empowering, and enhancing the lives of Seniors in the Frisco area through activities, recreation, information, and education. So come in and join us.

We're on the Web! www.FriscoFun.org

WE COULDN'T DO IT WITHOUT 'EM!

ADVISORY COUNCIL

Our Advisory Council consists of Senior Center members. They are elected annually by their fellow members and serve for a term of two years. This group works with the Center staff on programming, activities, fundraising, and other matters. If you have an idea or concern, please submit it in writing and place it in the suggestion box located at the front desk. It will be reviewed at the next monthly Advisory Council meeting. If you desire a response, please print your name and telephone number or email address on your note. All input is welcome!

VOLUNTEERS

Volunteers are a valuable resource and play a key role to the Center's events and programs. Volunteering offers you a chance to get to know your community; utilize unused skills or gain new ones; meet people with similar interests, etc. Everyone who wishes to volunteer at the Senior Center must complete an application and go through a brief interview process. Please see a staff member for additional information.